IN THE SPECIFICATION:

Please amend paragraph, beginning on page 6, line 11 in the specification as follows:

Figures 1A shows an elevation view of one embodiment of the present invention in [[5]] partial disassembly. A curved and rounded handle assembly is comprised of a grip section 1 and an attachment member or "blade" 14. The "blade" 14 has an asymmetric cross-section and intersects the stack of disc weights 18 with a minimal gap 16 introduced between weight plates. For example, the attachment member in Figure 1A illustrates an asymmetric cross-section, wherein the attachment member is formed with a cross-section that has a greater breadth in a direction perpendicular to a weight plate axis than in a direction parallel to the weight plate axis. The subassembly of the bolts 34, 35, washers 91 and the elongated nut 28 forming a support bar 70 for the weight stack.

Please amend paragraph, beginning on page 7, line 16 in the specification as follows:

In Figure [[8]]1A, the support bar 70 is comprised of the left bolt 34, elongated nut 28 with captive washer 90 and right bolt 35. With various combinations of outside bolts (34 and 35) and a 4" long hexnut 28, the length of the support bar can safely span a range of 4" to 10". Other features of this invention may include the following additional elements:

Please amend paragraph, beginning on page 8, line 19 in the specification as follows:

Figure 2 illustrates another aspect of the present invention. The blade section 14 is part of a single piece of bent spring material 74 (preferably spring steel), that is embedded in a

partially hollow grip-section 1 with outside profile 82. In the implementation in Figure 2, because the attachment members are formed from a springy material, the attachment members have an inherent resilient mechanical compliance, as well as an asymmetric mechanical compliance. Further, in the [[A]] Figure 2, bar 74 is bent to a profile that fits snugly against the internal webs 80 of an otherwise hollow grip section 1 which could be constructed by joining two halves of either stamped metal or molded material (for example, ABS plastic). The internal webs 80 function to secure [[art]] part of the bar member 74 between pivot points 76. In the implementation in Fig. 2, the attachment members are formed with an internal pivot point 76. Below the pivot points 76, there is an internal clearance 98 that allows the bar 74 to flex within the hollow grip-section 1.

Please amend paragraph, beginning on page 9, line 7 in the specification as follows:

As the bolt 35 is threaded against the elongated hexnut 28, the blades 14 flex into a new profile 78. Additionally, if the nominal hex pattern 22 is cut into the blade attachment members 14, then the hexnut 28 can be restrained from spinning even if the core weight stack 96 width is greater than the hexnut's length. This safety feature prevents the inadvertent loosening of one bolt while the user tightens the other bolt. Additionally, by setting the pivot point 76 far from the bottom of the grip-section 1, the present invention achieves greatly increased mechanical compliance of the blades 14, allowing the blades to clamp tightly against a central plate assembly 96 of [[vary]] varying width without excessive stress being placed on the blades or the grip-section 1.

Please amend paragraph, beginning on page 9, line 16 in the specification as follows:

Figure 3 shows the side view of the kettlebell configuration, with a grip-section 1

leading into the attachment member blades 14 that intersperse the weight stack. The inner stack of weights is comprised of larger weight discs 18 (e.g., 10 pounds), while the outer edges of the stack are comprised of smaller weight discs 17 (e.g., 5 pounds). ~~The forearm 40 is shown in schematic representation along with the range of motion 30 of the forearm~~.